

SPORTS SHORTS

**Hickam
Youth Basketball League
Mini-Mite game schedule**

Today:
6 p.m. Team 2 vs. Team 3
7 p.m. Team 1 vs. Team 4

Jan 28:
6 p.m. Team 4 vs. Team 3
7 p.m. Team 2 vs. Team 1

Youth baseball sign-ups
Hickam youth ages 5 to 18 are eligible to sign up for the upcoming youth baseball season through Feb. 11. The cost is \$50. For more information, contact youth sports at 448-6611.

Annual sports award picnic
The Hickam Annual Sports Award Picnic is Thursday, 3 - 5:30 p.m., at Foster Point. Tickets are \$3 and are available through unit sports representatives. For more information, contact the base fitness center at 448-4641.

Youth wrestling sign up
Hickam youth ages 5 to 14 are eligible to sign up for the upcoming youth wrestling season through Feb. 28. The cost is \$35. For more information, contact youth sports at 448-6611

Earhart track update
Earhart track has been designated as the official test site for physical fitness tests. Testing times are between 5 to 10 a.m. and 3 to 11 p.m. Units can reserve the track for testing on a first-come, first-serve basis by contacting the fitness center at 448-4639.

Umpires needed
Diamond Head softball umpires need umpires and scorekeepers for the upcoming intramural season. Training will be provided. Please contact Stan Finch at stanley.finch@hickam.af.mil or 449-6958.

Lacrosse clinic
A free lacrosse clinic for girls and boys from ages 7 to high school is set for Sunday and Jan. 30 at Richardsons Field rugby fields from 3 to 4:30 p.m. Participants will need to bring a water bottle, wear sneakers and have a mouth guard. For more details, contact Norma Murayama at 943-2322.

Coaches needed
The sports office is still looking for coaches for the 2005 sports season. Coaches are needed for women's basketball and softball. Interested individuals should contact the sports office at 448-4639. Without coaches the base will not be able to offer these activities.

Surfers wanted
The base sports office is looking for active duty Air Force members to surf in the upcoming Hawaii Armed Services Athletic Council surf meet this weekend. Interested personnel should contact the sports office at 448-4639.



**Story and Photos by
Tech. Sgt. Andrew
Leonhard**
15th Airlift Wing Public Affairs

Lacrosse, the oldest sport in North America, has origins dating back to the 1400s and youth in Hawaii are grabbing their gear to get ready for the 2005 season.

Fifty-five Oahu youth took to a grassy field at Kapiolani Park Sunday and either for the first time held a lacrosse stick or just worked out some rust from a few months off.

Whatever the skill level, they all came to play the fastest game on two feet.

"Lacrosse is like a breath of fresh air because there is so much soccer and baseball

The fastest game on two feet

on island," said Norma Murayama, Aloha Youth Lacrosse Association. "It brings a new and exciting sport for boys as well as girls."

"The biggest benefit for playing lacrosse in Hawaii is that it is a new sport on the island so most players will be on the same level playing field with the exception of kids who played on the mainland," Mrs. Murayama continued.

One Hickam teen that excels in the sport said, for him, it was more of a physical benefit to why he enjoyed Lacrosse.

"I admit, I like playing because of being able to hit people at times," said Ryan Bergstorm, who's dad, Maj. Jim Bergstorm, works in the Pacific Air Forces Safety office. The Lacrosse defensemen also enjoys being able to throw the ball at such fast speeds.

"Lacrosse is an extremely fun sport and is easy to pick up," the Hickam teen said. "I am starting my second year and I feel I'm up too speed with kids from



Ryan Bergstorm

See LACROSSE, B2

Legend of lacrosse

• Jean de Brebeuf, a Jesuit missionary, likened the stick the Indians competed with, to the "crosier" carried at religious ceremonies by a bishop. Thus, the name la crosse evolved, and this later became simply "lacrosse."

• Like soccer, lacrosse is played on an open field with goals at both ends; like hockey, the players carry sticks and can roam behind the net; like basketball, the offensive players set picks and run patterned offenses and fast breaks, while the defenses are man-to-man or zone. In fact, basketball inventor James Naismith was a lacrosse player in the late 1800's.

• There are 10 positions on a team (one goalie, three attackmen, three midfielders, and three defensemen). The object put a 5 oz. hard-rubber ball into the opponent's net with a long-handled stick with a triangular pocket at the end, while keeping the opponent from doing the same.

• In 1956, the game got a boost when a superior athlete from Syracuse University, Jim Brown, scored six goals for the North in the North-South Lacrosse game. Brown, one of the greatest running backs in the history of the National Football League, admitted he would rather play lacrosse than the grid sport.



Chris Liu, 14, prepares to catch the ball during lacrosse line drills Sunday at Kapiolani Park. Liu attends Kamehameha High School.



(Left) Richard Otte, 16, flings the lacrosse ball over Chris Liu, during 2-on-1 drills Sunday at the lacrosse clinic. Otte attends LeJardin Academy. The next clinic is Sunday at Richardsons Field. For more information, call 548-0451 or visit www.alohayouthlax.com.